



THE NATURE OF VOLUNTEER

Vol 1. No. 15

EXPLORE THE WONDERS OF NATURE - VOLUNTEER

Spring 2003



DO YOU KNOW

who
this is?



Here's some hints, she:

- was an interpreter in Italy
- taught horseback riding
- was a secretary at the New York Times and for Mad Magazine
- wrote advertisements for a harp manufacturer
- fell in love with wildlife at a young age, and
- got her Masters degree in Biology, specializing in Wildlife Behavior

To find out who this is and to learn more about her, turn to page 2.



AMERICA'S
NATIONAL
WILDLIFE
REFUGES ...

Wild Things

*where wildlife
comes naturally!*

FRIENDS OF FORSYTHE HELP SING PRAISE OF THE SYSTEM

For centuries, artists and musicians have been commissioned to create works to commemorate Centennials and other celebrations. Music, in particular, appeals to the emotions and serves as a unique tool to convey important messages and mark the passage of time. So when Region 5's Centennial Team was looking for a unique tool to tell the world about the upcoming Centennial they wondered how they could use music to do this. This past July, our Friends Group submitted a proposal for a grant to produce such a tool - a Centennial CD. The grant was turned down, but that didn't discourage our Friends. Thanks to their little friend, T.R. *Beany* Bear, they had raised enough money to step up to the plate and pay for the production costs.

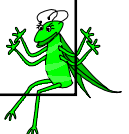
On February 2, at the National Friends Conference in Washington DC, the CD premiered at a special pre-release party to an audience of over 100 Friends. The CD, entitled "Songs of the System" has 21 tracks of songs and spoken words that captures the spirit of the National Wildlife Refuge System and features some of the Service's most talented employees and volunteers from almost every Service region. All of the original works were written and performed exclusively by USFWS employees, volunteers, and retirees, and each have a message focused on the Refuge Centennial or the mission of the USFW. In addition, Songs of the System contains original music from one of the Service's fallen comrades, Richard Guadagno, who died on September 11th.

When completed, the CD will be an educational product available for sale through Refuge Friends groups and cooperating associations. This partnership will enable the CD to be distributed nation-wide and will be available for sale by the more than 200 Friends groups across the country.

The CD package will include a CD booklet with the lyrics and biographical sketches of the artists. In addition, the booklet will contain important conservation messages and provide interesting details about the Fish and Wildlife Service, the NWRS, and featured fish and wildlife species.

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Refuge Auditorium Now Open Saturdays

Beginning March 29 the headquarters auditorium will be open most Saturdays from 8:00 AM to 3:00 PM. Groups are invited to register to view a variety of videos. Videos will also be shown on a rotating schedule throughout the day for anyone stopping by. A schedule will be posted on our web site and visitor information booth. We hope to also have nature walks led by the Friends Group. The third Saturday of each month will continue to be reserved for the Stay Focused Photo Club from 10:00 AM to 12:00 noon. Tell your friends about this great new opportunity at the refuge.

UPCOMING EVENTS

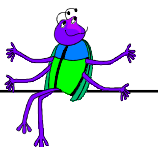
Friday, March 7 - Refuge Centennial Tour (see article on page 5)

Friday, March 14 - Centennial Celebration Ceremony to honor the entire Refuge System. Unveiling of Forsythe Refuge's time capsule with artifacts from the refuge and surrounding area. Invited guests include our local Congressmen and Senators.

Saturday, April 19 Stay Focused Photo Club will present a nature photography workshop.

Saturday May 10 International Migratory Bird Day - visit the Refuge to celebrate and support migratory bird conservation. The U.S. Postal Service will hold a second date of issue ceremony for the Pelican Island Commemorative Postage Stamp.

Saturday, June 7, 9:30 to 1:00 - Kids Fishing Derby at Lily Lake



- A new observation deck overlooking the Experimental Pond is planned for this spring. When complete, this deck will introduce visitors to a new part of the refuge. Volunteers needed to help with the project.

- Volunteers are needed this spring to assist with several projects at the Barnegat Division to include painting kiosks, cleaning up their boardwalk posting uplands. If you like getting out on the water, there's also posting that can only be done from a boat.

... So, did you guess who *that* person
... and *this* person is?

It's our very own Linda Rubenstein !



Linda grew up in Brooklyn, where she developed her love of wildlife at an early age. She recalls bandaging up alley cats after listening to their fights in her backyard at night.

Linda graduated from college with a B.A. and Masters in Psychology while working full time at the New York Times and Mad Magazine. She volunteered at the Bronx Zoo for seven years where she became a docent and teaching intern. It was here that Linda realized her true calling. She went back to school to get a Masters degree in Biology (specializing in wildlife behavior). Linda explains that her time spent as a volunteer at the Bronx Zoo was the most joyful experience of her life.



Linda graduated from college in her 40's and began working for the National Wildlife Refuge System through the Co-op Program in the early 80s. Although she thought she wanted to be a biologist, the only opening for a full time position was as an Outdoor Recreation Planner (ORP). It wasn't long before she realized that she had found her niche as an ORP. Her first full-time position was at Great Meadows NWR where she remained until her move to E.B. Forsythe NWR in 1986. One of her responsibilities at EBF was as volunteer coordinator for six volunteers. When she retired, that number had grown from six to over 60. Linda is quick to point out "how lucky I was to work with such golden hearted people as our volunteers."

Since retiring, Linda has joined a gym and is working on the rehab she has so greatly needed since her major car accident five years ago.

There's so much that goes on around the Refuge,
so we're starting this new column to keep you up-to-date on what's happening on your refuge.

Integrating Shorebird Management into Impoundment Management at Forsythe NWR

Jorge L. Coppen, Wildlife Biologist

Shorebirds represent the greatest waterbird migrants in terms of flight distances. Many nest in the arctic and winter in the Southern Hemisphere. White-rumped sandpipers travel more than 9,000 miles in about a month. Sandpipers typically balloon from 35g to 50g in 3-4 weeks. They can fly **4,000 miles**, from Canada to Surinam in 40-hours, non-stop.

During spring & fall migration, shorebirds rely on a few specific stopover habitats to replenish fat reserves to allow them to complete migration. Most of our shorebirds are wetland-dependent probers and gleaners and exhibit narrow habitat requirements and huge energy demands that limit them to a few, productive stopover sites with high densities of invertebrates. Many shorebirds increase body mass up to 100% at staging areas.

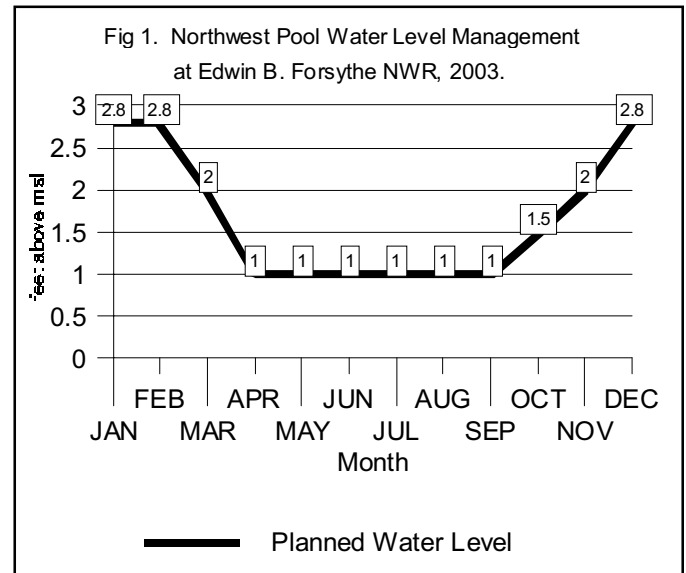
Shorebirds use the same coastal staging areas year after year due to their productivity and prey availability. In coastal areas, invertebrate prey consists primarily of benthic marine polychaetes molluscs and crustaceans. In the Mid-Atlantic region, peak shorebird use of coastal wetlands occurs during summer/fall and spring migration. From a management standpoint, it is important to note that shorebirds spend up to 9-10 months per year on non-breeding areas.

An integrated management strategy provides supplemental shorebird habitat at high tides. Managed wetlands can be preferred to tidal mudflat areas due to higher invertebrate densities. Managing wetlands for forage plants produces more plant structure with increased surface area that attracts invertebrates.

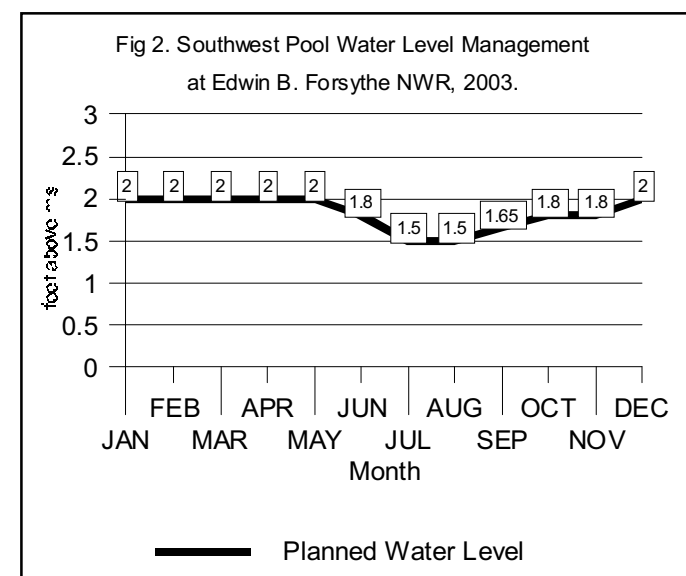
Our management focus includes enhancing foraging habitats in managed wetlands through manipulations. Our water management strategy involves using wildlife cues (i.e., peak shorebird migration) to trigger water level management. About 70% of shorebird species use water depths under 10 cm (4 in.)

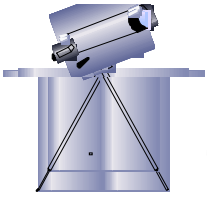
This year the **Northwest Pool** objectives include providing moist soil conditions on 75% of the unit to promote dense high energy seed-producing annual plants beneficial to fall-migrating and wintering waterfowl. In the process, we provide moist soil conditions on 75% of the unit during the growing season to provide optimum foraging habitat for spring-migrating shorebirds. During Fall flood-up, we provide access to food for fall-migrating shorebirds (i.e.,

invertebrates) and waterfowl (i.e., spikerushes) on 85% of the unit through water level manipulation beginning in early September (Fig. 1).



The **Southwest Pool** objectives this year include encouraging growth of widgeon grass and dwarf spikerush on a minimum of 50% of the unit through a late-season, partial drawdown. This provides optimum foraging, resting and loafing habitat for fall-migrating shorebirds and waterfowl. Shorebirds have access to lowered water levels in July and August (fall migration). Parent wading birds will have access to optimum foraging depths during the breeding season to provide food for their young (Fig 2.)





THE SCOPE ON ...

Sandra Klanderman

LEARNINGS FROM PENGUINS

(based upon personal observations and reflections -
December 22-24, 1998)

Which may be of assistance to human beings entering the
21st Century

OBSERVATION I: Penguins often fall flat on their
 chests when traversing their slippery, slanted and narrow
 "highways."

LEARNING I: Small steps with eyes focused on the
 anticipated destination often assist one in secure footing
 and the reaching one's goal.

OBSERVATION II: Penguins mate for life and remain in
 their community of birth.

LEARNING II: Loyalty to others and remembering
 "home" is important for survival.

OBSERVATION III: Unoccupied rock constructed nests
 remain undisturbed or repossessed by others for at least
 two hatching seasons.

LEARNING III: Honor and respect your neighbors'
 space.

OBSERVATION IV: Guano is distinctive in color, odor
 and abundance.

LEARNING IV: One's healthiness can sometimes be best
 assessed by waste rather than want.

OBSERVATION V: Penguins meeting on a "highway"
 rarely pass; communication and time resolve the confron-
 tation of the right of way.

LEARNING V: Taking turns and the ordering of
 priorities is important.

OBSERVATION VI: Male and female penguins
 share hatching, "chick" care, and creche responsi-
 bilities.

LEARNING VI: Males can secure nests and tend to
 offspring just as competently as females.

OBSERVATION VII: Penguin day and night activi-
 ties are simple and need driven.

LEARNING VII: Sometimes living in and for the
 moment offers the best in security, service and
 happiness.

reflections from a visitor ... SJEK 1999

Thanks to Sandra Klanderman for sharing her
 reflections with us. Sandy is a member of the
 Friends of Forsythe, and volunteers at the Friends'
 Nature Store.

A native to Michigan, Sandy has lived a number of
 places, the longest to date being 18 years in South
 Jersey. She found the Refuge shortly after arriv-
 ing. Sandy explains, "I made many decisions while
 driving or walking the trails. I decided to become
 involved with the Friends because of what nature
 means to me and my need to return more actively to
 it in my retirement years." Sandy wrote this after
 her return from Antarctica over Christmas in 1998.

"Hope is the thing with feathers
 That perches in the soul
 And sings the tune without the words
 And never stops at all
 And sweetest in the gale is heard."
 - Emily Dickinson



VOLUNTEER OPPORTUNITIES - Bring a Friend

Wildflower Garden ____

Environmental Education ____

BARNEGAT DIVISION

NEW

Visitor Center Talks ____

Trail Maintenance ____

Special Events ____

Photo Club ____

Friends of Forsythe ____

Clean Up Litter ____

Puppeteers ____ Help with census of plant or animal populations ____ Lead bus tours on Wildlife Drive ____

If you're interested in volunteering for any of these projects, or if you have other ideas, please let us know by
completing this form and sending it to us:

Name: _____

Address: _____

City, State, Zip: _____

Phone: (____) _____

Edwin B. Forsythe NWR
Box 72, Great Creek Road
Oceanville, NJ 08231

National Wildlife Refuge System Announces Centennial Tour Dates for Northeast Region

The National Wildlife Refuge System, part of the U.S. Fish and Wildlife Service, will be celebrating its Centennial on March 14, 2003. As part of the celebration, the Service's Northeast Region will be hosting a Centennial Countdown Tour from March 7 to March 18.

"A 100-year anniversary is a big deal and our Centennial Countdown Tour is a chance for the National Wildlife Refuge System to share its heritage and mission with the American people. We're having a big party to celebrate this milestone and we want everyone to come," said Northeast Regional National Wildlife Refuge System Chief, Tony Léger.

Regional Office employees gathered Thursday, March 6th to give the Centennial Countdown Tour a great send-off as it departed Hadley (in a heavy snowstorm) to begin its 13-day journey to 23 refuges in 11 states. The tour will cover more than 1,700 miles and will host local, state, and federal officials; congressional staffers; representatives of conservation agencies; Friends group members; and refuge volunteers and employees. Tony Léger, the Regional Chief of the National Wildlife Refuge System will travel with the tour for the entire 13-day trip. The Tour will return on Tuesday, March 18th with a Centennial celebration event at the Hadley Hampshire Mall.

Reports from the Tour bus, voted to be named "The Blue Goose Express" by Regional Office employees, arrived in Philadelphia the evening of the 6th at 10:30 pm after a very long (and very slow) drive through the storm. This morning the tour arrived at John Heinz at Tinicum National Wildlife Refuge for a 10 am event where inner city school children arrived to meet the Centennial Tour and gathered for a reading of *"A Walk in the Wild -- Exploring a National Wildlife Refuge."* The Tour participants met with local VIPs and partners including representatives from the Philadelphia Zoo, the New Jersey Aquarium, and the Friends of Tinicum. From there, the Centennial entourage climbed back on the bus and made their way to E. B. Forsythe NWR for a 2:00 pm visit. The refuge offered a trolley tour of the Wildlife Drive where afterwards an award ceremony, a concert featuring several artists from the Centennial CD *"Songs of the System"* was held, and a ceremonial Centennial cake-cutting took place. The event attracted two congressional staff members, numerous local VIPs, and several media representatives who covered the event.

Kathy Zeamer,
Regional Office
Hadley, Massachusetts

Galloway
Township's
Mayor
Charles
Endicott
Sr. reads
proclamation



Dr. Ed
Bristow
receives
acknowledgment
from NWRS
Northeast
Regional
Chief, Tony
Léger, and
EB Forsythe
Manger
Steve Atzert

Centennial
cake for all



"What an
exciting
day,"
proclaims
*Songs of
the System*
creator Greg
Thompson

(left to right)
Performers /
USFWS
employees,
Bill Zinni,
Greg Thompson,
Tom
Jasikoff,
Tony Léger
(yes, he can
sing too!), and
Bill
Jaaskelainen





WHO'S ON STAFF?

Project Leader
STEVE ATZERT

Deputy Project Leader
DEBORAH LONG

Refuge Manager
Barnegat Division
KEVIN DESROBERTS

Biologists
JORGE COPPEN, VINNY TURNER

Refuge Law Enforcement Officers
BRIAN WILLARD, CHRIS PANCILA

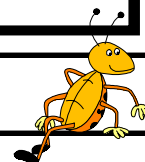
Administrative
Officer
MARTHA HAND

Office
Automation Assistant
CINDY HEFFLEY

Volunteer Coordinator
SANDY PERCHETTI

Outdoor Recreation Planner
VACANT

Maintenance Professionals
TOM HOLDSWORTH
TERRY MITCHELL



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<http://.forsythe.fws.gov>



March 14, 2003